



THE  
SANDBOX TREE SPA

PORT FERDINAND • BARBADOS

Inspired by our tranquil natural surroundings, THE SANDBOX TREE SPA offers luxurious treatments to nourish and replenish mind, body and soul. We are committed to providing the best in holistic and ayurvedic methods with genuine care, along with the finest of pure botanical products. The BAMFORD body line, a natural and organic collection, features ingredients of the highest standards holistically designed to cleanse, protect and rejuvenate. This quintessential coupling of natural products and holistic practice works on both the physical body, as well as with the more subtle energy layers, to ensure a reconnection to self with a sense of well-being.





# THE SPA GUIDE

# THE SANDBOX TREE SPA

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## HOURS

Tuesday - Saturday: 10 AM - 7 PM

Sunday: 10 AM - 6 PM

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## RESERVATIONS

Reservations can be made either at Spa Reception or by telephone.

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## ARRIVAL

We request that you arrive 20 minutes before your appointment on your first visit in order to complete our consultation form and 15 minutes before your appointment on subsequent occasions to ensure that your treatment can start on time. Please note that it may not be possible to accommodate late arrivers.

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## CONSULTATION

Each client will receive a complimentary consultation as part of their treatment. This will enable us to tailor a personalised prescription to suit individual needs.

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## CANCELLATION

Please give 24 hours notice if you wish to change or cancel an appointment as a courtesy to both our therapists and other clients. Please note that the full amount of the treatment will be charged if notice is not received.

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## ETIQUETTE

As a courtesy to other clients and to preserve the peace of the Spa we request that clients switch off their mobile phones.

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## IN ROOM SERVICES/SEASIDE MASSAGE

Enjoy your massage in the comfort of your residence or along the sea in a private seaside cabana.

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## DRESS CODE

For the comfort of our clients we provide robes and disposable underwear which can be worn during body treatments.

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## GIFT VOUCHERS

We offer gift vouchers which can be redeemed against any of our treatments or retail products. Gift vouchers are nonrefundable and must be used within twelve months of their purchase date.

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## AGE POLICY

The spa is available to guests 16 years and older. Guests ages 16 and 17 must be accompanied by an adult for services. We offer the kid's club to residents and members as an alternative for young children.

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## GRATUITIES & GOVERNMENT TAX

Gratuities are not included in our prices and are left to your discretion. A government tax of 17.5% is included in our prices.

BAMFORD, renowned for its commitment to nature, purity and authentic luxury, will form the basis of a range of beauty, massage and therapeutic treatments offered at the spa. BAMFORD treatments are inspired by a range of Traditions including shiatsu, meridian massage, swedish massage, reflexology, abdominal massage, indian head massage, and yogic breathing. They are holistic treatments that work on both the physical body as well as the more subtle energetic layers of the body.





BODY



Photo compliments of Bamford Haybarn

## MASSAGES

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### BAMFORD BODY SIGNATURE TREATMENT

90 mins • \$400

85 minutes of deeply relaxing massage will de-stress, spirit away tensions, melt anxieties and rebalance your weary body. The treatment starts with a deeply cleansing foot bath, followed by a firm-as-you-like massage, using Shiatsu, Meridian and Swedish massage techniques, working together to relieve muscles, detoxify organs and ease energy flow around the body. As you drift into a deep sense of calm, a pressure point massage to your face, neck, shoulders and head, and a little yogic breathing, will see off any lingering languor. Perfect for stress, tension, jet lag or simply pleasure. This massage will have you floating with gentle flowing movements from top to bottom. Drift to a place of healing and rejuvenation with this massage treat.

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### BAMFORD DEEP TISSUE MASSAGE

60 mins • \$320 / 90 mins • \$400

Working every muscle group this treatment will release even the tightest knots, while it relieves stiff, overworked and weary bodies. It's a deep tissue massage, with strong, energising strokes, that will help aid the removal of toxins, easing all your aches and pains, including headaches and even profound tensions. Along with stiffness and reduced mobility, all your anxieties will be swept away, for a relaxed, re-energised body and unruffled spirits. Perfect if you're office-bound, stressed or overworked, a gym and fitness fanatic, or simply suffering tension or tiredness.

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### BAMFORD DE-STRESS MASSAGE

60 mins • \$290 / 90 mins • \$350

An expert, targeted massage will entirely de-stress the body from head to toe, easing every care away. The treatment starts with a divinely soothing foot bath, followed by a gentle rhythmic massage using Shiatsu, Meridian and Swedish techniques to revitalise, re-energise and enhance lymph flow, sweeping toxins away. Profoundly soothing, this massage is the ideal antidote to a hectic lifestyle, as well as being a powerful detox treatment, instantly countering sluggishness and bloating. Perfect if you're prone to stress, anxiety and insomnia, or simply in need of a pampering treat.

## MASSAGES

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### BAMFORD PREGNANCY MASSAGE

60 mins • \$300

When you're pregnant few things feel more divine than a massage especially designed to release tension and revitalise from top to toe. Created by our pregnancy yoga expert and perfectly safe for you and your baby, this massage uses only the most gentle, unscented oils, and is adapted to entirely suit you, positioning your body for optimal comfort and easing aches and pains, while lifting the spirits. Perfect for expectant mothers in their second and third trimester.

### POST RACE RECOVERY LEGS

30 mins • \$150 / 60 mins • \$290

No pro cyclist would dream of going for a strenuous ride without a leg and foot massage at the end of the day. A perfect choice for anyone with tired or sore legs and feet.

### BAMFORD ROSE UPPER BODY & FACIAL MASSAGE

60 mins • \$250

Rose is perennially calming, nurturing, and the central extract in this divinely indulgent treatment for face and body. Commencing with gentle exfoliation of your back and an upper body massage, your face, neck and shoulders are swiftly de-stressed using a combination of light, sweeping strokes and deeper pressure points, while the treatment culminates in a mini facial and uplifting Indian head massage. If you're seeking deep relaxation along with clear, glowing skin, this treatment is tailor-made for you.

### BAMFORD BACK, NECK AND SHOULDER MASSAGE

30 mins • \$150

Focused, deep tissue massage releases even the most stubborn knots and tensions, as well as increasing mobility and range of movement in your neck and shoulders, the part of the body typically most subject to tension. This 25-minute treatment involves deep pressure massage and gentle stretching all over the back, neck and shoulders and is expertly tailored to your individual needs. Perfect if you spend long hours hunched over your desk, or if you simply use the same muscle groups repetitively.

## MASSAGES

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### REFLEXOLOGY

25 mins • \$150

Tired, aching feet can really weigh you down yet a mere 25 minutes of our therapist's firm, sweeping strokes, along with deeper pressure point work, will immediately release tensions, ease tiredness and diminish any swelling or heaviness. Perfect if you've been standing or walking all day, ideal after a long spell in high heels, and particularly rejuvenating after travel, especially long-haul.

### BAMFORD JADE HOT AND COLD STONE TREATMENT

90 mins • \$390

Jade is believed to be symbolic of serenity, which is a state you're guaranteed by this deeply soothing, specialist treatment. Smooth jade stones, selected for their ability to retain and conduct both heat and cold, are used to stimulate lymph flow and help flush out every toxin, enhancing circulation and easing weary bodies. Used as part of a deep, tension-relieving massage, the stones help spirit away all muscular knots, aches and pains, in a profoundly calming, detoxifying treatment. Perfect if you're suffering from any stress-related conditions, tension, anxiety or insomnia, or simply in need of a little pampering.

## EXFOLIATION

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### BAMFORD FULL BODY EXFOLIATION

40 mins • \$190

40 minutes of beautifully gentle exfoliation sweeps away dead cells to reveal glowing skin beneath. You will be lightly massaged all over with a warmed blend of pure sea salt, brown sugar, rich oils and skin butters, before dull skin is melted away in a warm shower. Your body is then swept from head to toe in richly nurturing, skin-calming Bamford Geranium Hand and Body Cream. Perfect if you're in need of a nurturing treatment for glowing skin or you wish to prolong a summer tan.



# THE SANDBOX TREE SPA SIGNATURE TREATMENTS

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## THE NOURISH MASSAGE

30 min • \$150 / 60 min • \$300 / 90 min • \$350

An opportunity to experience a massage completely customized to your needs. Your therapist will deliver a massage that embodies a combination of massage techniques to address your specific needs. Recommended first massage 90 mins to allow time for a full consultation and relaxation time.

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## THE ERASE FACE MASSAGE

30 min • \$100 / 60 min • \$250

This facial massage will eliminate signs of stress and fatigue from your face. A variety of massage techniques are incorporated including deep tissue to address tight and tired muscles. A truly relaxing treatment enhanced with pure organic oils.

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## THE DE-STRESS HEAD MASSAGE

20 mins • \$115

This treatment alone will bring back hours of rest. A thorough scalp massage to relieve tension in the scalp. A delightful experience to compliment any of your treatments at The Sandbox Tree Spa.

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## THE GARSHAN BODY EXFOLIATION

45 mins • \$150

An intense body exfoliation targeted to bring blood up to the surface of skin to push out toxins from the body. A shower in our experience shower and an application of organic oils completes this treatment.

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## THE FOOT DETOX TREATMENT

45 mins • \$125

A whirlpool bath infused with epsom salts and essential oils to pull out toxins from the body while softening the feet. A half leg and foot massage is followed to take you into a deeper relaxed state of mind.





## FACIALS

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### BAMFORD BESPOKE FACIAL

60 mins • \$255

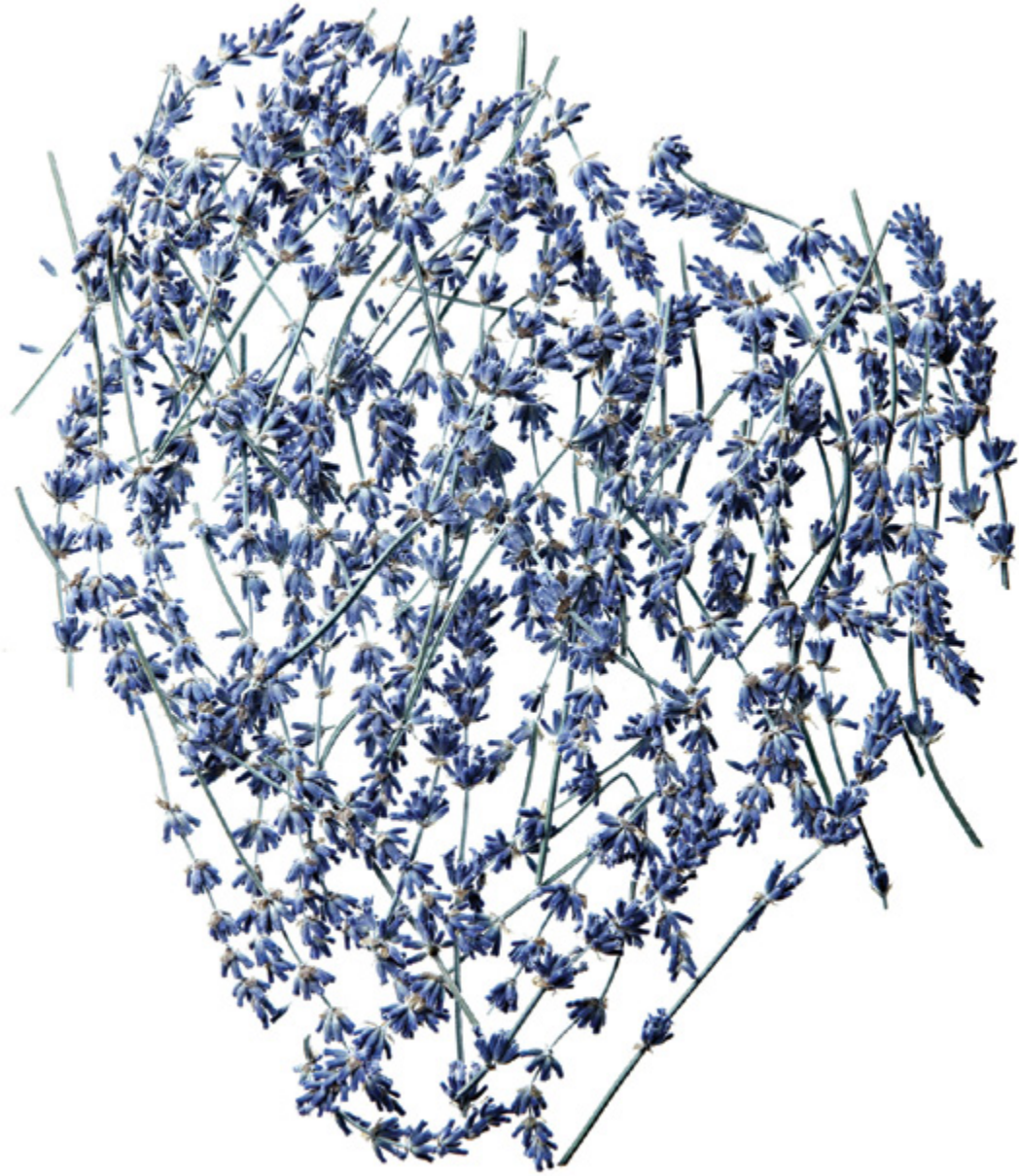
Our expert therapists carry out a complete skincare consultation as purifying Palo santo wood burns in the treatment room. The power of our skincare and highly concentrated elixirs, proven to restore, rejuvenate and repair the skin combined with traditional therapeutic and holistic techniques allow a truly personalised and results focused treatment. Stimulating lifting movements, lymphatic drainage and facial reflexology aid the release of tension and promote radiant complexion. Holistic techniques, such as the use of hot and cold Jade stones and yogic breathing, provide deep relaxation and a balanced sense of self.

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### BAMFORD SIGNATURE FACIAL

90 mins • \$390

Palo santo wood purifies the treatment room as our expert therapists begin with a cleansing foot bath and complete skincare consultation in order for us to personalise the treatment. A thirty minute deep tissue back massage, with Shiatsu pressure points and hot stones induce deep relaxation and aid the release of accumulated tensions especially in the upper back and shoulder area. The relaxation continues through the facial as the skin is cleansed, analysed, exfoliated and nourished with our natural and effective range of skincare products, personalising each facial with our highly concentrated elixirs, proven to restore, rejuvenate and repair the skin. An array of massage techniques designed to lift and tone the skin are used as well as hot and cold Jade stones resulting in releasing tension and promoting a glowing complexion. Both facial and foot reflexology are used to invite you into a state of slumber. While yogic breathing at the end helps to awaken and inspire you to gently come back to your senses and the outside world.



# HANDS, FEET & UPKEEP



## HANDS & FEET

Our manicures and pedicures are unique and focus on detoxifying and replenishing your hands and feet. All foot treatments may be complimented with a de-stress head massage.

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### MANICURES

The Classic Essie Manicure	30 mins • \$55
The Sandbox Tree Signature Manicure	60 mins • \$85

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### PEDICURES

The Essie Classic Pedicure	50 mins • \$110
The Sandbox Tree Signature Pedicure	75 mins • \$145

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### MORE NAILS

Buff & Polish	\$30
ESSIE Gel Polish Application	\$40
ESSIE Gel Removal	\$25
French Polish	\$20

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## WAXING

Underarm • \$35	Partial Arm • \$45
Full Arm • \$70	Partial Leg • \$75
Full Leg • \$110	Basic Bikini Line • \$55
Basic+ Bikini Line • \$75	Brazilian • \$125
Full Leg and Bikini • \$140	Eyebrow, Lip or Chin Wax • \$30



# PACKAGES

## RETREAT SPA PACKAGES

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### THE REJUVENATE RETREAT

90 mins • \$250

- The Sandbox Tree Signature Manicure
  - The Sandbox Tree Signature Pedicure
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### THE NOURISH RETREAT

90 mins • \$420

- The Nourish Massage
  - The Garshan Body Exfoliation
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### THE LOVE RETREAT

240 mins • \$550

- Bamford Signature Treatment
- The Foot Detox Treatment
- The De-Stress Head Massage

## WELLNESS RETREAT PACKAGES

We offer 1 to 3 day packages tailored to your wellness or fitness needs. We take pride in creating unique packages incorporating many elements available only in a tropical paradise. An over the phone consultation is required to tailor your package. Please contact us to see sample retreats that we offer on a regular basis. we also offer on-going yoga, meditation and fitness classes.

LUXURY  
*with* SOUL



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